

Supplementary file 1. Survey questionnaire

Part 1 : Health literacy

A True or False questions (please choose "①" if you think the statement is correct, otherwise choose "②".)

A01. The best way to prevent flu is to take antibiotics (anti-inflammatory drugs).

① Right ② Wrong

A02. Health foods are not medicines, nor can they replace medicines.

① Right ② Wrong

A03. Infusion is effective and fast, so you should first choose infusion after illness.

① Right ② Wrong

A04. Fruits and vegetables have similar nutrients, so you can replace eating vegetables into eating fruits.

① Right ② Wrong

A05. Normal people's body temperature can fluctuate up and down in one day, but the fluctuation range generally does not exceed 1 °C.

① Right ② Wrong

A06. Children and adolescents may also experience depression.

① Right ② Wrong

A07. "Long illness makes the patient a good doctor", patients with chronic diseases can adjust the treatment plan according to their own feelings.

① Right ② Wrong

A08. For health problems and diseases found during a health checkup, if there are no symptoms, no measures need to be taken immediately.

① Right ② Wrong

B Single choice questions (Each question has only one correct choice. If you don't know, please select "④".)

B01. Concerning the concept of health, the complete statement is:

① Health means being strong and disease-free.

② Health means good psychological quality and strong physique.

③ Health is not only the absence of disease, but also the sound state of physical, psychological and social adaptation.

④ I don't know.

B02. Which of the following ways can hepatitis B be transmitted to others?

① Work, eat, and swim with the patient or infected person

② Sexual behavior, blood transfusion, mother-to-child transmission.

③ Talk, shake hands, and hug with the patient or infected person.

④ I don't know.

B03. Concerning self-blood pressure measurement, which statement is wrong?

- ① Self-measured blood pressure has reference value for the diagnosis of hypertension.
- ② Regular self-monitoring of blood pressure in patients with hypertension can provide a basis for doctors to formulate treatment plans and evaluate the therapeutic effect.
- ③ As long as the blood pressure of hypertension patients is stable, they don't have to go to the clinic regularly for follow-up treatment.
- ④ I don't know.

B04. Concerning the danger of smoking, which statement is wrong?

- ① Tobacco dependence is a chronic addictive disease.
- ② Smoking can cause many kinds of chronic diseases.
- ③ Low tar cigarettes are less harmful than ordinary cigarettes.
- ④ I don't know.

B05. Which statements is not an early warning sign of cancer?

- ① Abnormal lump in the body.
- ② Unclear hematochezia.
- ③ Gain weight.
- ④ I don't know.

B06. After the occurrence of gas poisoning, how should the rescuers firstly deal with the people with gas poisoning?

- ① Give the patient water to drink.
- ② Move the patient to a ventilated place.
- ③ Call 120 for hospital treatment.
- ④ I don't know.

B07. Concerning the treatment of tuberculosis patients, which statement is correct?

- ① No preferential policies.
- ② Free anti-tuberculosis drugs provided by the state.
- ③ Free hospitalization.
- ④ I don't know.

B08. When engaging in toxic and hazardous operations, the staffs should:

- ① Wear overalls.
- ② Wear safety helmet.

- ③ Use personal occupational disease protection equipment.
- ④ I don't know.

B09. The main hazard of iodine deficiency is:

- ① Suffering from SARS.
- ② Influencing the developments of intelligence and growth.
- ③ Causing hypertension.
- ④ I don't know.

B10. During vigorous activities, water will be lost due to sweating. In this case, it's better to drink:

- ① Boiled water.
- ② Sugary drinks.
- ③ Dilute brine.
- ④ I don't know.

B11. Concerning the National basic public health service, which statement is wrong?

- ① Mainly conducted in large hospitals.
- ② Conducted in primary medical and health institutions.
- ③ People can enjoy it free of charge.
- ④ I don't know.

B12. In which of the following cases, vaccination of children should be suspended?

- ① Crying.
- ② Have a cold/fever.
- ③ Within half an hour after meals.
- ④ I don't know.

B13. When you have fever symptoms, the right thing to do is:

- ① Seeking a doctor in time
- ② According to past experiences, take antipyretics by yourself.
- ③ Observing the situation for a while.
- ④ I don't know.

B14. When patients suffer from adverse reactions after taking medicine according to doctors' treatment plans, the right thing to do is?

- ① You stop taking the medicine.
- ② Seeking a doctor.
- ③ Taking medicines continually.
- ④ I don't know.

B15. If a strong infectious disease occurs in a certain place, the right thing to do is?

- ① This disease has nothing to do with me, and I don't care about it.
- ② I would be concerned about the epidemic if I were a local.
- ③ Whether local or not, we need to pay attention to the change of epidemic situation.
- ④ I don't know.



B16. Warning map means:

- ① The place is prone to fire.
- ② Explosives are present in an area of the site and are not allowed to approach.
- ③ This substance is toxic or there are toxic substances in the place.
- ④ I don't know.

B17. The phone number of the national free health hotline is:

- ① 12302
- ② 120
- ③ 12320
- ④ I don't know.

B18. Concerning seeking medical treatment, which statement is wrong?

- ① Tell the doctor as detailed as possible about the illness.
- ② If there are previous medical records, examination results, etc., it is best to carry them with you.
- ③ In order to make the doctor pay attention to it, we can describe the condition more seriously than it actually is.
- ④ I don't know.

B19. If "OTC" is printed on a drug label, the drug shall be:

- ① A prescription drug , which must be prescribed by a doctor before it can be purchased.
- ② A Over-the-counter drug, which can be purchased without a doctor's prescription.
- ③ Health products.
- ④ I don't know.

B20. Concerning window ventilation, which statement is wrong?

- ① Avoid colds by opening fewer or no windows in winter.
- ② Window ventilation can dilute bacteria and viruses in indoor air.
- ③ Opening windows and ventilation can let sunlight into the room, killing a variety of bacteria and viruses.
- ④ I don't know.

B21. When measuring body temperature with a vitreous thermometer, the correct reading method is:

- ① Hold the mercury end of the thermometer and read it horizontally.
- ② Hold the glass end of the thermometer and read it vertically.
- ③ Hold the glass end of the thermometer and read it horizontally.
- ④ I don't know.

B22. When blisters appear caused by mild scalds of the skin, which statement is right?

- ① Break the blisters, so that the recovery will be quick.
- ② Bubbles don't need to be pricked if they're small, but must be pricked if they're large.
- ③ Do not prick blisters to avoid infection.
- ④ I don't know.

B23. In case of fire, the correct escape method is:

- ① Hold your head in your hands, or wrap your head in your clothes, and rush out of the fire.
- ② Sprinkle water on your head and body, or wrap your body in a wet blanket, and rush out of the fire.
- ③ Beating at the flames with clothes, while evacuating from the fire.
- ④ I don't know.

C Multiple choice questions (Each question has two or more correct choices. If you don't know, please select ⑤.)

C01. Which of the following are true about the ways to promote mental health?

- ① Keep an optimistic attitude towards life
- ② Set target within the scope of your own ability
- ③ Establish good interpersonal relations, and actively participate in social activities
- ④ Solve the worry through smoking, drinking
- ⑤ I don't know

C02. Which of the following are true about seeking medical advice?

- ① Not all diseases can be cured
- ② As long as going to hospital, the health status will be improved
- ③ A hospital is the place of healing, it is the hospital's responsibility not to cure the disease
- ④ Sickness and death are natural, rationally treated the diagnosis and treatment results
- ⑤ I don't know

C03. Which of the following are true about liver?

- ① Secrete bile
- ② Detoxification function
- ③ Most important digestive organ

- ④ The liver has one on each side
- ⑤ I don't know

C04. What should parents do while children appear fever, rash and other symptoms?

- ① Go to the hospital in time
- ② Stop going to kindergarten
- ③ Inform the teacher of the kindergarten in time
- ④ Let the child go to kindergarten as usual
- ⑤ I don't know

C05. What information should be noted on the package while buying packaged food?

- ① Production date
- ② Expiration date
- ③ Nutrition facts
- ④ Manufacturer
- ⑤ I don't know

C06. What should be done if dead or sick animals are found?

- ① no killing, no processing
- ② Not for sale, not for transport
- ③ don't eat
- ④ eating after cooking thoroughly
- ⑤ I don't know

C07. What measures should be taken for patients suffering from respiratory or cardiac arrest?

- ① Artificial respiration
- ② Chest compressions
- ③ Call the emergency number
- ④ Give hypertension treatment drugs
- ⑤ I don't know

C08. The benefits of eating tofu, soy milk and other soy products:

- ① Good for health
- ② Good for patients with cardiovascular diseases
- ③ Increase protein intake
- ④ Prevent excessive consumption of meat
- ⑤ I don't know

C09. The health benefits of exercise:

- ① Maintain a reasonable weight
- ② Prevent chronic diseases
- ③ Reduce psychological pressure
- ④ Improve sleep quality
- ⑤ I don't know

C10. A newspaper said that any diabetic can be completely cured by taking a certain hypoglycemic product. Which of the following statements are true after seeing this information?

- ① The news is not believable
- ② This news is good, hurry to tell diabetes friends
- ③ Consult and verify it with the community doctor
- ④ Hurry to buy
- ⑤ I don't know

C11. When coughing or sneezing, the correct ways are:

- ① Use hands to cover your nose and mouth directly
- ② Use a handkerchief or tissue to cover mouth and nose
- ③ Cover nose and mouth with elbow
- ④ Don't cover mouth and nose
- ⑤ I don't know

C12. Which of the following statement about hospitalization are true?

- ① The longer length of hospitalization, the better effect of the treatment
- ② Treatment effect and length of hospitalization is not necessarily related
- ③ The length of hospitalization depends on the patient's condition
- ④ The short length of hospitalization is a sign of doctors' irresponsibility
- ⑤ I don't know

C13. Which of the following benefits of breastfeeding for infants were correct?

- ① Breastfeeding can lead to less babies sick
- ② Breast milk is the best natural food for babies
- ③ Infant formula is more nutritious than breast milk
- ④ Breastfeeding is conducive to the psychological development of infants
- ⑤ I don't know

C14. When keeping pesticides, attention should be paid to:

- ① Pesticides should be kept in a fixed, safe place

- ② Pesticides cannot be put together with food
- ③ If the hand is contaminated with pesticides, washing hand is not necessary as long as the skin is damaged.
- ④ Pesticide should be kept in the place where children can not touch
- ⑤ I don't know

C15. Out during thunderstorms, which of the following statements are correct?

- ① Hiding under the big tree
- ② Staying away from the high voltage line
- ③ Avoid using cell phone
- ④ Standing in the highlands
- ⑤ I don't know

D Situational questions (Please read the material first and then answer the questions. There is only one correct answer for a single choice question and two or more correct answers for a multiple choice question. If you do not know, single choice please choose ④, multiple choice please choose ⑤.)

BMI refers to body mass index (BMI), which is a commonly used international standard to measure body fat and thinness as well as health. This is calculated by dividing weight (kg) by height (m) squared, or $BMI = \text{weight} / \text{height}^2$ (kg / m²). For Chinese adults, BMI < 18.5 means underweight, $18.5 \leq \text{BMI} < 24$ means normal weight, $24 \leq \text{BMI} < 28$ means overweight, and $\text{BMI} \geq 28$ means obesity.

D01. Mr. Li, 45 years old, 170 centimeters in height, 160 pounds in weight, how should his BMI be calculated? (Single choice)

- ① $(80)2 / 170 = 37.6$
- ② $80 / (1.7)2 = 27.7$
- ③ $160 / (1.7)2 = 55.4$
- ④ I don't know

D02. With reference to the body mass index of Chinese adults, Mr. Li belongs to: (Single choice)

- ① obesity
- ② normal weight
- ③ overweight
- ④ I don't know

D03. What can Mr. Li do to control his weight? (Multiple choice)

- ① Do not eat staple food
- ② Exercise for at least half an hour every day
- ③ Reduce oil intake
- ④ Only eat fruits and vegetables
- ⑤ I don't know

D04. Which of the following diseases is Mr. Li prone to? (Single choice)

- ① hypertension
- ② osteoporosis
- ③ gastric ulcer
- ④ I don't know

Part 2 : eHealth literacy

Here's a description of yourself and how much you agree with it.

Items	strongly disagree	disagree	uncertain	agree	strongly agree
1. I know what health resources are available on the Internet	1	2	3	4	5
2. I know where to find helpful health resources on the Internet	1	2	3	4	5

3. I know how to find helpful resources on the Internet	1	2	3	4	5
4. I know how to use the Internet to answer my questions about health	1	2	3	4	5
5. I know how to use the health information I find on the Internet to help me	1	2	3	4	5
6. I have the skills I need to evaluate the health resources I find on the Internet	1	2	3	4	5
7. I can tell high quality health resources from low quality health resources on the Internet	1	2	3	4	5
8. I feel confident in using information from the Internet to make health decisions	1	2	3	4	5

Part 3 : COVID-19 coping behaviors

How often have you practiced the following behaviors in the past two weeks

Items	none	a small amount of time	sometimes	most of the time	almost all time
1. Reduce instances of going to public places	1	2	3	4	5
2. Wear a mask when going out	1	2	3	4	5
3. Cover your mouth and nose when you cough or sneeze	1	2	3	4	5
4. Maintain hand hygiene	1	2	3	4	5
5. Disinfect daily necessities	1	2	3	4	5
6. Open windows for ventilation to maintain air circulation	1	2	3	4	5
7. Follow the latest developments on COVID-19	1	2	3	4	5
8. Take body temperature frequently	1	2	3	4	5
9. Contact relatives and friends online	1	2	3	4	5
10. Communicate or confide with others when you are in trouble	1	2	3	4	5
11. Smok because of COVID-19	1	2	3	4	5
12. Drink alcohol because of COVID-19	1	2	3	4	5
13. Insist on physical exercise	1	2	3	4	5
14. Maintain adequate nutrition and balanced diet	1	2	3	4	5
15. Guarantee good sleep	1	2	3	4	5

Part 4 : COVID-19 knowledge

1.What is the source of infection of COVID-19 【multiple answers allowed】

- ① Seafood
- ② Wild animals

- ③ Patients with new coronavirus pneumonia
- ④ Patients with asymptomatic infection
- ⑤ I don't know

2.How long is the incubation period of COVID-19? [single answers allowed]

- ① 1-14 days
- ② 15-28 days
- ③ > 28 days
- ④ I don't know

3.How does COVID-19 spread? [multiple answers allowed]

- ① Blood transfusions
- ② Respiratory droplets from infected people
- ③ Airborne transmission
- ④ Direct contact with infected people
- ⑤ Touching contaminated objects/ surfaces
- ⑥ Contact with contaminated animals
- ⑦ Eating contaminated food
- ⑧ Drinking unpurified/untreated water
- ⑨ I do not know

4. Who is prone to infection with COVID-19? [multiple answers allowed]

- ① Children
- ② Elderly people
- ③ Young people
- ④ Patients with chronic diseases
- ⑤ I don't know

5.What are the main symptoms of COVID-19? [multiple answers allowed]

- ① Fever
- ② Cough
- ③ Shortness of breath and breathing difficulties
- ④ Muscle pain
- ⑤ Headache
- ⑥ Diarrhea
- ⑦ No symptoms
- ⑧ I don't know

Part 5 : Sociodemographic characteristics

1. Your age: _____

2. Gender:

- ① Male
- ② Female

3. Your residence:

- ① Urban
- ② Rural

4. College year:

- ① Freshman
- ② Sophomore
- ③ Junior
- ④ Senior

5. Academic major:

- ① Medicine
- ② Others

6. Which level do you think your family's economic income corresponds to in the local area?

- ① High
- ② Medium
- ③ Low

7. How do you think your health status:

- ① Good
- ② Medium
- ③ Bad

8. Do your family member or friend infected with coronavirus?

- ① Yes
- ② No